



State Employee HEART WALK.

Take steps to fight America's #1 & #3 killers – HEART DISEASE & STROKE!

The Heart Walk is a national event that raises funds to support the American Heart Association's continuing fight against heart disease and stroke.

A live band and special guests will keep your toes tapping and raise your spirits. Healthy, delicious treats await you in the food court... perfect for post-walk energy!



Fun & Fitness

- 1 mile non-competitive walk
- Live entertainment
- Free snacks and refreshments
- Stress reduction

Wellness Activities

- Blood pressure screenings
- Body fat testing
- Nutrition information
- Fitness and exercise

For more information, please contact Suzanne Bartlett or Lindsey Johnson at 916-446-6505
Suzanne.Bartlett@heart.org

www.sacramentoheartwalk.org

Thursday, Sept. 17, 2009
Capitol Park (West Steps) - Sacramento

Join us anytime between 11:30 AM – 1:30 PM

Sponsored by the Department of Personnel Administration